

News Briefs

After hours lockout policy change

Effective May 1, the 14th Security Forces Squadron will no longer respond to routine lockouts in family housing, officer or enlisted dormitories. Individual unit keys will be maintained at the Lodging Office (Magnolia Inn, Bldg 956) and will be the after hours point of contact. Occupants must provide sufficient identification to verify they are the authorized resident of that unit to sign for their key and must return the key within one hour. Their ID card will be kept by Lodging until the key is returned.

In the case of an emergency situation, the Columbus AFB Fire Department and/or 14th SFS will continue to respond. For more information, call Ext. 3546.

Law Day 2006

In recognition of Law Day, the Legal Office staff and other BLAZE TEAM members will perform a mock trial, “Far Far Away vs. Shrek,” at 3:30 p.m. April 28 in the wing headquarters building courtroom. All invited to attend. For more information, call Ext. 7030.


Cell phone use while driving

Effective immediately, people driving on base while talking on a cell phone will now be ticketed; no more warnings will be issued. For more information, call the 14th Security Forces Squadron at Ext. 7128.

Case lot sale

A commissary case lot sale is from 9 a.m. to 5 p.m. May 5 and 9 a.m. to 4 p.m. May 6.

Inside



FEATURE 8

SUPT Class 06-08 graduates at 9 a.m. at the Columbus Club.

COLUMBUS AFB TRAINING TIMELINE									
PHASE II				PHASE III				WING SORTIE BOARD	
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required
37th (07-02)	2.51 days	2.37 days	May 12	48th (06-08)	2.21 days	0.75 days	Today	T-37	2,389
41st (07-03)	-6.20 days	-1.98 days	June 2	50th (06-08)	1.17 days	0.42 days	Today	T-38C	1,146
								T-1A	988
								Flown	2,319
								Annual	1,078
									997
									17,536
									7,877
									7,662
Graduation speaker: Graduation speaker: Brig. Gen. Ronald Ladnier									



Airman 1st Class Alyssa Miles, 14th Operations Group, enjoys a game of foosball with Chief Master Sgt. Cristi Bowes, 14th Mission Support Group, and Chaplain (Lt. Col.) Joseph Vu, 14th Flying Training Wing, during the grand opening of the newly renovated Montgomery Village April 21.

Montgomery Village gets face lift

Airman 1st Class Alyssa Miles
14th Flying Training Wing

The Montgomery Village doors reopened to enlisted dorm residents April 21 after a two-month long renovation.

Col. Stephen Wilson, 14th Flying Training Wing commander, approved the \$60,000 project in order to give dorm residents a comfortable atmosphere outside of their rooms and work places.

The layout was designed and decorate by BLAZE TEAM member, Cheryl Nichols, and Eugene Poole, 14th Civil Engineer Squadron.

The Montgomery Village now features a Las Vegas themed room with an adjoining game room, a movie room with theater style seating and a surround sound system.

“The building was turned from a sterile area to a welcoming home-style atmosphere where the occupants are happy to spend time,” said Master Sgt. Andrea Sanders, enlisted dorm manager. “The rooms in the commons area are no longer closed off with two separate television areas. Instead, it’s open and friendly.”

A reception room and a quiet room have also been added for those who enjoy peace and quiet during their leisure time.

“I don’t have a car yet, so the Montgomery Village gives me the chance to get away for a little while,” said Airman Jamil Fitts, 14th Medical Operations Squadron. “I sit around in the quiet room and use wireless internet – I just relax.”

A portion of the renovation was

See **DORM**, Page 4

Gift basket galore

Virtual Commissary expands product selection just in time for Mothers Day

Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. — Virtual Commissary has been expanded to include new item selections including snack packs, special occasion baskets and much more.

This brings the total number of gift baskets available to 79, with even more on the way.

“Mother’s Day is just around the corner,” said Paula Lewis, Columbus commissary store director. “Shoppers in need of a great gift idea should use their commissary benefit and check out Virtual Commissary.”

The online commissary sells everything from gourmet popcorn and mouth-watering merlot cheddar cheese spread, to just plain cookies and nuts.

“We began Virtual Commissary with seven gift baskets,” said Patrick Nixon, chief executive officer and acting director of the Defense Commissary Agency. “The customer reception was promising and now we’re pleased to offer many more items, all at great prices.”

Items offered on Virtual Commissary are well below average retail prices found at other online services.

Authorized commissary shoppers in the United States and military shoppers overseas can access the extended commissary by passing through a secure portal found under the shopping link at www.commissaries.com. Personal information entered by the customer is validated to ensure they are an authorized shopper. Access is dependent on whether the customer is entered in the Defense Enrollment Eligibility Reporting System, known as DEERS.

Virtual Commissary customers can make selections and fill in their payment and shipping information in one easy and secure step, before being transferred to the manufacturer’s site where they can get total cost for the product (including

shipping) and finalize their purchase.

Shipping and handling charges are paid by the customer, just as at most other Internet shopping sites, and charges will vary depending on the item size or weight, method of shipping, location, and speed of delivery. Customers can check for availability of delivery to APO and FPO addresses as well as get more information on what’s in the gift baskets by clicking on the image of the gift basket at Virtual Commissary. Payment for orders can be made with any credit card accepted in real commissaries. Customer information is not archived by DeCA.


Eventually, Virtual Commissary will offer even more gift items. Long-range plans include online shopping for hundreds of items routinely found in commissaries, which will be welcomed by deployed servicemembers, military retirees and Guard and Reserve families living outside reasonable driving distance to an installation.

Civilians stationed overseas who are otherwise authorized to shop at commissaries may not be able to access Virtual Commissary until programming changes are made by the Defense Manpower Data Center, DeCA officials said. Those programming upgrades are targeted for completion later on this year.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices – savings worth about \$2,700 annually for a family of four. For more information about the Columbus AFB commissary, call Ext. 7109.




Air Force Career Advisors

The Career Assistance Advisor position was created in an effort to increase retention rates. CAAs provide supervisors with the necessary tools to conduct career counseling with their first and second term enlisted members.

They are a resource for the commander, first sergeant, and most importantly, immediate supervisor. For more information, call Master Sgt. Shelli Fisher at Ext. 7004.

14TH FLYING TRAINING WING DEPLOYED

As of press time, **30 BLAZE TEAM members** are deployed worldwide. Remember to support the troops and their families while they are away.



SILVER WINGS

How to reach us

14th Flying Training Wing Public Affairs
555 Seventh St. Suite 203
Columbus AFB, MS 39710
Commercial: (662) 434-7068
DSN: 742-7068
Fax: (662) 434-7009
E-mail: silverwings@columbus.af.mil

Editorial Staff

Col. Stephen Wilson
14th Flying Training Wing Commander

Mr. Rick Johnson
Public Affairs Chief

Tech. Sgt. Keith Houin
NCOIC

Senior Airman Cecilia Rodriguez
Editor

Airman 1st Class Alyssa Miles
Staff Writer

Submission Deadline

The deadline for submitting copy for next week’s SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services.

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

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The SILVER WINGS staff reserves the right to edit or rewrite all copy submitted when necessary. All photos are U.S. Air Force photos unless otherwise stated.

Submit all advertising to the Columbus, Miss., Commercial Dispatch advertising department one week prior to desired publication date. The advertising department can be reached at (662) 328-2427.

Tricare Online: 24/7 appointment clerk

The Columbus AFB clinic hours of operation are no longer a factor when scheduling medical appointments.

People with access to the internet have the ability to schedule an appointment at their convenience.

TRICARE Online, an online appointing and healthcare information source, allows people to schedule medical appointments with their primary care manager anytime, day or night. To schedule an appointment online, visit www.tricareonline.com. Once at the Web site, patients will complete a short registration process to establish an account. Each beneficiary, including chil-

dren, will have a personal account with a user name and password. The beneficiary and sponsor's social security number is required for registration. After creating an account, users will be able to logon and schedule an appointment, view clinic information and read provider profiles. All appointment types are on Tricare Online, including routine appointments, acute appointments, well baby exams and optometry exams.

For questions or more information about TRICARE Online, call 1st Lt. Brian Caruthers at Ext. 2139. *(Courtesy of the 14th Medical Group)*



Airman 1st Class Alyssa Miles
People can call hotline operators like Phyllis Malone to schedule an appointment at the Columbus AFB clinic or visit www.tricareonline.com.

Hot stuff — Firefighters test gear for Air Force



Senior Airman Mike Meares
Senior Airman Stephen Finkenhoefer, 96th Civil Engineer Squadron, drags a hose while testing the Air Force's new firefighter protective suit at Eglin AFB, Fla.

Lois Walsh
96th Air Base Wing

EGLIN AFB, Fla. — Being a firefighter is arguably one of the most physically demanding jobs. For that reason, the Air Force is finding ways to make the job easier.

Sixteen firefighters here are testing new protective gear that may increase comfort, mobility and mission effectiveness for more than 3,600 active-duty and 2,800 Air Force Reserve firefighters.

Joseph Rivera, Air Force Civil Engineer Support Agency's Fire and Emergency Services program manager said the firefighters are testing an upgrade to the joint firefighter integrated response ensemble, or JFIRE. The test could lead to the replacement of the existing chemical protective overgarment with a lighter chemical protective undergarment.

Basically, the undergarment will replace the existing overgarment when firefighters are dressed for various mission-oriented protective postures, known as MOPP, including MOPP-4, the most serious posture.

Currently, firefighters are required to wear their chemical gear under silver proximity suits. If the new chemical protective undergarments are approved, they will be worn under battle dress uniforms, which will be covered with the silver suits when responding to emergencies.

"JFIRE allows firefighters to egress aircraft under MOPP-4 conditions or respond to other emergencies with toxic atmospheres," Mr. Rivera said. "The ensemble allows firefighters to transition from filtered canister air to supplied bottled air when operating in oxygen-deficient environments, or where superheated air and gas exists."

Mr. Rivera said the undergarments, which look like a hooded, fitted jogging suit, are lighter and the mesh-like design breathes which makes it cooler. Engineers from the 28th Test and Evaluation Squadron here are evaluating that feature.

Second Lt. Stacy Baber, squadron program manager, is monitoring the firefighters' responses. Using heart and respiratory rates, dermal skin temperatures and running times on an obstacle course, she and her team are tracking data results.

Some tasks the firefighters perform include dragging a charged hose line and a 150-pound victim, and making three consecutive trips up and down a ladder. All of this is done while the firefighters are fully dressed in gear that can weigh as much as 68 pounds.

"Using the design, we can randomize testing to see if the test data confirms what we're being told, that the suit increases evaporative cooling," Lieutenant Baber said.

Tech. Sgt. Christopher Proctor, a 96th Civil Engineer Squadron firefighter, said it was a privilege to test the suits for the Air Force, especially since they potentially could be used by everyone in the Air Force fire and emergency services. He said he's worn the standard JFIRE many times in his 17-year career.

"I like the CPU," he said. "It offers more maneuverability and less resistance, plus it's not as bulky."

The test program lasted one week. If approved, the CPUs could be in firefighters' hands soon. Air Combat Command is the lead major command for this test since its responsibility includes management of all chemical warfare equipment in the Air Force and the joint arena. *(Courtesy of Air Force Materiel Command News Service)*

U.S. Air Force Eagle Eyes

Security Forces Squadron front desk 24 hours a day at Ext. 7128.

Do your part to stop terrorism. The first step is knowing what to look for. Always keep an eagle eye out for suspicious behavior. Call the 14th

Fizzy drinks can damage patients' dental health

Senior Airman Christine Mounts
14th Medical Operations Squadron

Statistics prove that the consumption of soda in the United States has increased in alarming numbers over the last few years.

In the past, doctors believed soda attacked teeth in only one way. They now know soda is harmful to dental health in two different ways.

First, the high sugar content accelerates the production of plaque. The plaque then excretes an acid that attacks the tooth.

The attack of plaque acid usually lasts about 20 minutes with every drink of soda. To minimize acidic effects, one can drink soda quickly and then rinse with water.

The different types of acid found in sodas also create a pH level that is corrosive to the enamel of the tooth.

New studies show that it is better to brush teeth 20 to 30 minutes after drinking soda. The toothbrush and toothpaste do not neutralize the acid, so brushing too soon afterward would do nothing but brush acid around the mouth.

Because of its high availability to the public, people tend to drink soda instead of make healthier choices.

Buying soda is becoming easier than it is to buy milk or juice in most public stores, restaurants and schools. There are even some places that do not sell milk at all; and milk is essential to healthy teeth. It keeps the enamel strong and carries a substance that helps remineralize enamel. People are more prone to cavities without milk in their diet.

Proper dental hygiene will go a long way in preventative dental health.

- * Remember to brush and floss regularly.
- * People who are more prone to cavities than others can use fluoride rinses and/or xylitol chewing gum sold in most drug stores.

- * Limit the intake of soda and other sugars to minimize the risk for cavities and other dental problems.



Senior Airman Cecilia Rodriguez
Dental technicians like Airman 1st Class Eric Low, 14th Medical Operations Squadron, use dental models to educate patients on the harmful effects of soda on teeth and proper dental hygiene. For more information about preventative dental care, call the Columbus AFB Dental Clinic at Ext. 2250.

- * Use dental products that are approved by the American Dental Association. These have been tested and proven effective. If people unsure about a product, they can bring it to the dental clinic for review.

For more information about preventative dentistry, call the dental clinic at Ext. 2250.

Professionals recognized during Nat'l Lab Week

More than 280,000 medical laboratory professionals across the nation were honored in recognition of National Medical Laboratory Week April 23 through April 29.

These lab professionals perform and interpret laboratory tests that save lives and keep people healthy daily.

The technicians use state-of-the-art technology and instrumentation to prevent disease by detecting unknown health problems and aid in the diagnosis and treatment of existing conditions by giving accurate and timely test results. Lab test results compromise more than 70 percent of a patient's medical records and are vital to the diagnosis of illness and disease.

"We are proud of what we do," said Capt. Daryl White, 14th Medical Support Squadron lab officer. "We have to be painstakingly meticulous in performing our jobs to provide dependable answers to your physicians, flight surgeons and downtown physicians."

As a result of the true commitment to detail and service before self attitude of the entire laboratory staff, the Columbus AFB lab was awarded Accreditation with Distinction by the College of American Pathologists for its 2005 inspection. *(Courtesy of the 14th Medical Support Squadron)*

DORM

(Continued from Page 1)

designed with more than just the Airmen in mind.

"We added a privacy fence outside to create a more private setting, which also shields the Youth Center from seeing our Airmen smoke. This ensures we are not setting the wrong example for our youth," Sergeant Sanders said. "We will eventually add patio furniture."

Dorm residents may have visitors in the Montgomery Village but they must be accompanied at all times.

Pentagon Channel launches service on military charter flights

WASHINGTON — The Pentagon

Channel has launched "Pentagon Channel In Flight," a military news and information service that will be aired on military charter flights worldwide.

"Pentagon Channel In Flight is another way in which we can introduce servicemembers to the Pentagon Channel and provide them with the timely military news and information that they need to do their jobs," said Allison Barber, deputy assistant secretary of defense for internal communications.

Pentagon Channel In Flight will air on

participating military charter flights, including Air Transport International, ATA, Continental Airlines, Delta Airlines, Miami Air, North American Air, Omni Air International, Ryan Air and United Airlines.

The Pentagon Channel, the Department of Defense's cable television channel, broadcasts military news and information for and about the 2.6 million members of the U.S. armed forces — active duty, National Guard, and Reserve. Broadcasting 24 hours a day, seven days a week, the Pentagon Channel

helps ensure that U.S. forces remain informed.

Pentagon Channel programming also is available online, streamed live 24/7 and on-demand at www.pentagonchannel.mil, and is available via audio and video podcasting.

Today, more than a million servicemembers on more than 312 military bases, camps and installations in the U.S. can watch the Pentagon Channel. It also is available to the 800,000 servicemembers and their families serving in 177 countries overseas via American Forces

Radio and Television Service.

The Pentagon Channel reaches more than 12 million households through commercial distribution on satellite and cable systems nationwide. DISH Network, Verizon FiOS and divisions of Comcast, Time Warner, Cox, Charter, Mediacom, RCN, Armstrong, Midcontinent, Knology, GCI and a number of smaller cable companies and local access channels in communities around the country carry the Pentagon Channel. *(Article courtesy of a Pentagon Channel news release)*

Yom Hashoah: A day of remembrance

Col. Michael J. Underkoffler
908th Airlift Wing

MAXWELL AFB, Ala. — For one week each spring, we, as a nation, formally remember all those who perished more than 60 years ago in the Holocaust. This annual commemoration was established by Congress in 1979 and is known as the Days of Remembrance. The observance falls each year around Yom Hashoah, the 27th day of the month of Nisan in the Jewish calendar.

In Hebrew, Yom Hashoah literally means the Day of (remembrance of) the Holocaust. The Holocaust, or Shoah, was the systematic extermination of 6 million Jews, approximately two-thirds of the pre-war European Jewish population. Killed along with the Jews were 5 million others who included political dissidents, the Roma (gypsies), handicapped and others deemed less desirable by the Nazis.

This year Yom Hashoah was Monday and the Days of Remembrance are observed through April 30.

In Israel, since the early 1960s, sirens sound at 11 a.m. on Yom Hashoah to signal two minutes of silent devotion. Throughout the world many Jews will observe this day in synagogues or in the broader Jewish community.

But Yom Hashoah and the week-long Days of Remembrance are not observances only for Jews. All humanity suffered because of the Holocaust, and consequently all humanity ought to pause and remember those who died.

It is also fitting during the Days of Remembrance that we honor those who fought against the Holocaust, those who liberated the camps, those who documented what had happened and those who continue today to tell the story.

Starting first as harassment, name-calling and false blame, the hatred against the Jews and others ultimately grew into an accepted practice of annihilation. Families

had their possessions confiscated, were forced to live in ghettos and finally were transported to labor camps where most were abused, then killed, in short order.

In early 1945, the Allies were able to push through Europe to the heart of the Nazi-held stronghold. American Soldiers were soon witnesses and liberators at

the gates of the wretched death camps. They were not prepared for, nor were they able to comprehend, the magnitude of the evil that took place. The camps were horrific cesspools, where the dignity of human life was lost. Historians would later agree that if the war had lasted much longer, most European Jews would have been exterminated.

The Americans who liberated the camps were deeply affected by what they saw. Tough-as-nails Generals George S. Patton and Dwight D. Eisenhower were so visibly shaken at the camps, that they became ill.

General Eisenhower said in a letter in April 1945: "I made the visit deliberately, in order to be in a position to give first-hand evidence of these things if ever, in the future, there develops a tendency to charge these allegations merely to 'propaganda'."

The American liberators instinctively knew what to do. They took the time to bury and honor the dead, and carefully nurse to health the gaunt living who remained.

Remembering the Holocaust is important to Americans, especially those serving in the armed forces, for several

reasons. It was the American military that liberated many of the death camps, then exposed and documented what had taken place. America also welcomed many of those who survived and provided them opportunities and freedoms found nowhere else.

By annually and accurately telling the story of the

Holocaust and honoring those who died, we help ensure future generations know what can happen if hatred, bigotry and indifference are left unchecked and unchallenged.

Finally, listening to the stories of survivors and liberators helps reaffirm what's best in our national culture. It serves as a touchstone for counting our blessings, enduring our hardships and remembering the ultimate sacrifices of others and the role we as military members play in guaranteeing the dignity and self-worth of all humanity.

Sirens may not go off in America this year on Yom Hashoah to remember those who died. But communities across

this great land will still pause with their own ceremonies to honor them and to listen to first-person accounts from survivors and liberators.

If you're unable to attend a somber observance, take some personal time to reflect and remember. Read a book or see a movie about the Holocaust to sharpen your knowledge of this horrific time in world history. Think about how you can help to eliminate hatred, bigotry and indifference, especially in the society we protect and serve.

"Sirens may not go off in America this year on Yom Hashoah to remember those who died. But communities across this great land will still pause with their own ceremonies to honor them and to listen to first-person accounts from survivors and liberators."

Straight Talk Line

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better.

Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer.

All names are kept confidential. Messages are answered in Silver Wings without names.

Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724.

People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main Web site at www.columbus.af.mil. Questions and answers will be edited for brevity.

Maj. Tom Means

39th Operations Squadron

INCIRLIK AB, Turkey — Several months ago, while returning from a state-side TDY, I was waiting in the domestic terminal of the Istanbul Airport when I saw something unusual. Among the busy crowd was a young Airman who obviously was new to Turkey and its environment.

How did I know this from 50 yards? If the clean shave and short haircut didn't give it away, the well-pressed service uniform with a matching Air Force embroidered garment bag did. The fledgling rank on his shoulder meant he'd probably just graduated tech school and was a first-term Airman assigned overseas.

Although he stood tall and wore his uniform proudly it was apparent he had nothing more inconspicuous to change into. So,

because of the shortcomings of his sponsor, he'd have to wait for a newcomer's briefings to get the force protection briefings that could have prevented this unnecessary risk.

Some would argue he had no "wingman" that day. I contest he needed something more. In the fighter business, a wingman is an inexperienced pilot who struggles with the complex tasks and tactics of combat aviation. The brand new wingman can usually keep other aircraft in sight, provide visual mutual support and avoid hitting the ground while moving in three dimensions.

Mistakes are expected and corrected through extra instruction, study and sometimes public embarrassment in front of his peers. The flight lead exercises sound judgment, exemplary discipline, timely instruction and overall safe conduct of the flight and its multimillion-dollar assets.

The wingman program is based on the tenet that any "wingman" can provide mutual support and theoretically mitigate a bad situation. While this may be true, we sometimes overlook the opportunities to call on our experiences and maturity to lead when necessary.

Leadership in this case is going the extra mile, calling on the courage to intervene, and tell a complete stranger their behavior is unacceptable and may get themselves hurt or in trouble.

Although they may have a wingman meeting the intent, their lack of experience in the local area may buy them an entry into the police blotter or worse.

We can't afford a preventable accident due to inaction when we see a bad situation developing. Be a good flight lead, get engaged, and take care of your fellow Airmen.

The toughest job after college...



...doesn't have to be finding one

What is AFROTC?

AFROTC is a 2- to 4-year program that produces officers to serve on active duty in the Air Force for a 4-year commitment

What are the benefits of active duty?

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- * Have high moral values



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DET 430

University of Mississippi
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DET 432

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DET 006

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To learn more, visit www.afrotc.com

What scholarships are available?

- * In-College Scholarship Program: Competitive program for any major
- * College Scholarship Program: High school seniors only

SUPT Class 06-08 earns silver wings



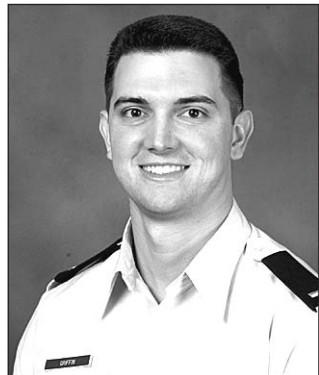
T-1A Jayhawk



T-38C Talon



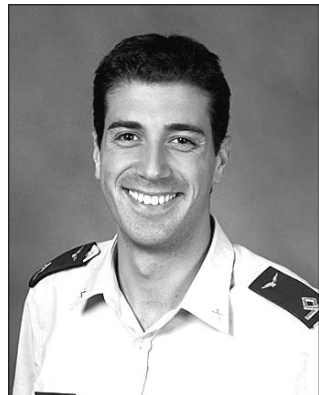
Capt. Kari Carter
Jacksonville, Ark. (AFRC)
KC-135R, Grissom ARB, Ind.



Capt. Michael Griffin
Boerne, Texas
B-1, Dyess AFB, Texas



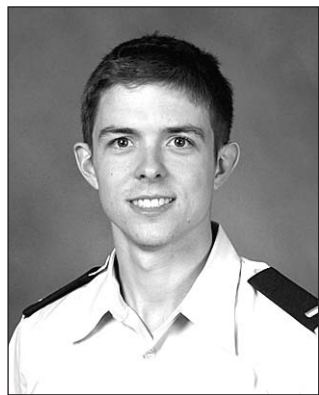
Capt. Yusif Ibrahimov
Baku, Azerbaijan
Su-25, TBD, Azerbaijan



1st Lt. Diego Urso
Milano, Italy
TBD



2nd Lt. Jose Ariza
Miami, Fla. (ANG)
C-130, Channel Island, Calif.



2nd Lt. Bryan Brandon
Arlington, Tenn.
T-37, Columbus AFB, Miss.

Twenty-two officers have prevailed during a year of training, earning the right to be an Air Force pilot.

Specialized Undergraduate Pilot Training Class 06-08 graduates at 9 a.m. today during a ceremony at the Columbus Club.

The graduation speaker is Maj. Gen. (Sel) Ronald R. Ladnier, director of Resource Integration, Office of the Deputy Chief of Staff for Logistics, Installations and Mission Support, Headquarters U.S. Air Force, Washington, D.C. He is responsible for the planning, programming, budgeting and execution of more than \$30 billion annually for Air Force logistics systems and functions.

Students receive their silver pilot's wings at the ceremony, and students who excelled in their respective training tracks are recognized.

Second Lts. Joseph Witt, T-38, and William Harwell IV, T-1, received the Air Education and Training Command Commander's Trophy for being the most outstanding students overall in their classes.

The Air Force Association Award was presented to Capt. Michael Griffin, T-38, and 2nd Lt. Matthew Stampher, T-1. The award is presented to a graduate in each flight who excelled in training and typified the tenets of the association — promoting aerospace power and a strong national defense.

Lieutenants Witt and Harwell were named distinguished graduates.

The 52-week pilot training program begins with a six-week preflight phase of academics and physiological training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine, subsonic

T-37 Tweet. Some complete this phase in the single-engine, turboprop T-6A Texan 2 at Moody AFB, Ga. Students learn aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. Students also practice night, instrument and cross country navigation flying.

Primary training takes about 23 weeks and includes 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 flying hours.

After primary training, students select, by order of merit, advanced training in the fighter-bomber or airlift-tanker track.

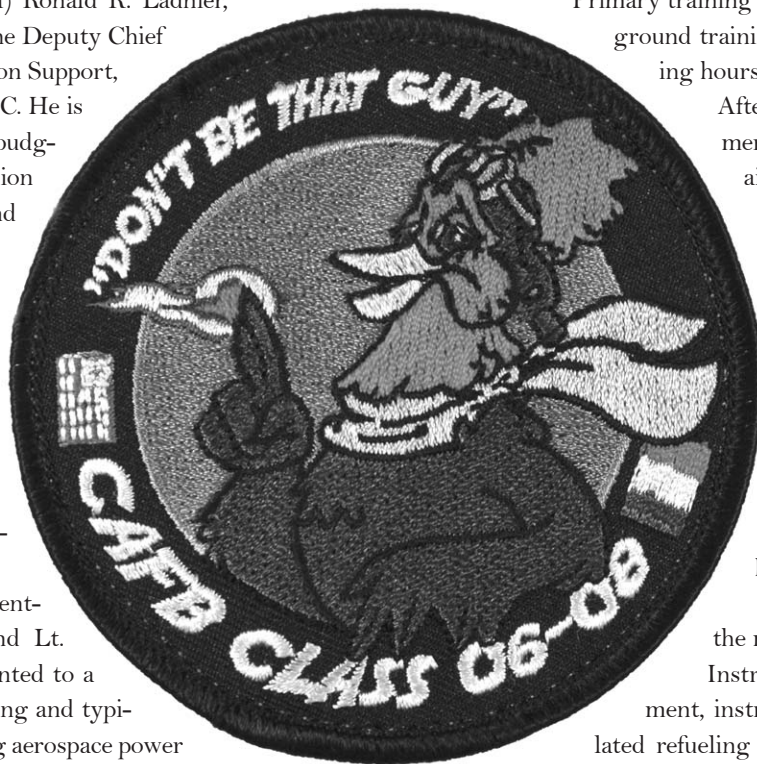
Both tracks are designed to best train pilots for successful transition to their follow-on aircraft and mission.

Advanced training for the fighter track is done in the T-38 Talon, a tandem-seat, twin-engine supersonic jet. T-38 training emphasizes formation, advanced aerobatics and navigation. Training takes about 26 weeks and includes 381 hours of ground events, 31.6 hours in the flight simulator and 118.7 flying hours.

The airlift-tanker track uses the T-1A Jayhawk, the military version of a multi-place business jet.

Instruction centers on crew coordination and management, instrument training, cross-country flying and simulated refueling and airdrop missions. Training takes about 26 weeks and includes 185 hours of ground training, 43 hours in the flight simulator and 104 flying hours.

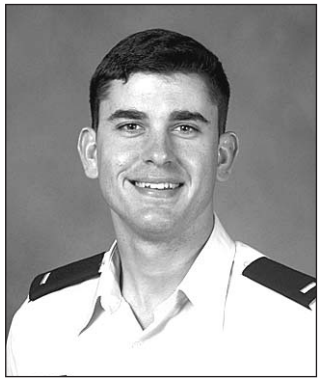
The class reunites on graduation day, when students receive the aeronautical rating of pilot and begin their careers as U.S. Air Force pilots. *(Editor's note: The class's pilot partners are Wingate Inn and Kaboodles.)*



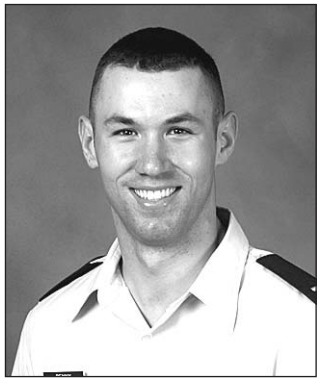
2nd Lt. William Harwell IV
Gulfport, Miss. (ANG)
KC-135R, Key Field, Miss.



2nd Lt. Matthew Joseph
Whitefish Bay, Wis.
C-17, Travis AFB, Calif.



2nd Lt. William Niblack
Pensacola, Fla.
C-17, McGuire AFB, N.J.



2nd Lt. Stephen Penny
Long Island, N.Y. (ANG)
HC-130, Gabreski ANG, N.Y.



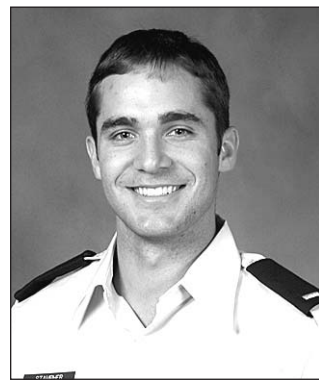
2nd Lt. Michael Shampine
Fairbanks, Ala. (AFRC)
C-5, Wright-Patterson AFB, Ohio



2nd Lt. Samantha Shoemaker
Boise, Idaho
T-1, Columbus AFB, Miss.



2nd Lt. Brittany Smith
Greenwood Village, Colo.
C-17, Travis AFB, Calif.



2nd Lt. Matthew Stampher
San Jose, Calif.
C-17, Hickam AFB, Hawaii



2nd Lt. Andrew Washburn
El Dorado Hills, Calif.
KC-135R, McConnell AFB, Kan.



2nd Lt. Joseph Witt
Clinton, Iowa
F-16, TBD



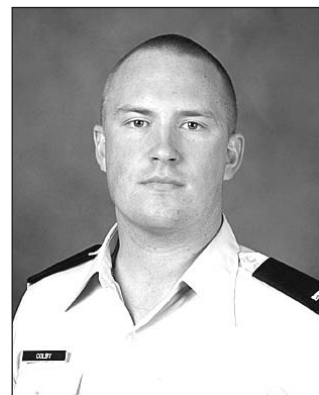
Capt. Jessica Rutenber
Washington, D.C.
KC-135R, Grand Forks AFB, N.D.



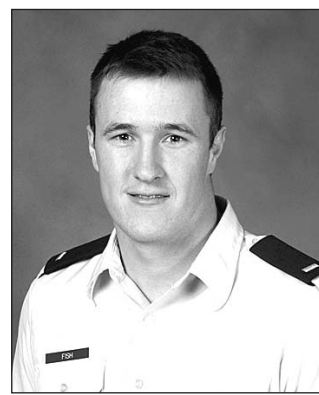
1st Lt. Fehmi Abdelmoula
Sousse, Tunisia
F-5E, Bizerte, Tunisia



1st Lt. Francesco De Simone
Napoli, Italy
TBD



2nd Lt. Jeffrey Colby
Connell, Wash.
C-17, Travis AFB, Calif.



2nd Lt. Jaret Fish
Lee's Summit, Mo.
C-21, Scott AFB, Ill.



2nd Lt. Matthew Guasco
Wantagh, N.Y.
B-52, Barksdale AFB, La.

\$25K in scholarships available to club membership

Pam Wickham
14th Services Division

Six BLAZE TEAM members will be awarded a total of \$25,000 in scholarships through the 10th Air Force Services club scholarship program.

There will be a first place prize of \$6,000, second for \$5,500, third for \$4,500, fourth for \$3,500, fifth for \$3,000 and sixth for \$2,500.

Current club members and their family members who have been accepted by or enrolled in an accredited college or university for entry during the fall of 2006 term as a part-time or full-time student are eligible to apply for scholarships.

Family members include spouse, son, daughter, stepson or stepdaughter. Grandsons and granddaughters are eligible if they are a dependent of the club member.

Student enrollment status may involve either undergraduate or graduate curricula.

Along with a college or university proof of enrollment, entrants must provide an essay of 500 words or less on the topic "Proud to be an American." Essays must have one- to one and one-fourth-inch margins. The essay should be a Microsoft Word document typed in 12-point arial or times new roman font.

Nominees must also provide a single-page summary of their long-term career and life goals, as well as previous accomplishments. This may include civic, athletic or academic awards and accomplishments.

Only one entry per eligible person will be accepted. Entries must include the club member's name, last ten digits of his or her club membership card account number, base, club name and the entrant's full name with mailing and e-mail address and phone number. If the entrant is a dependent, he or she must state their relationship to the member and provide his or her social security number.

All entries must be submitted on compact disc or flop-

py disk and list the individual's name, date and word count, along with the other information previously mentioned. A hard copy of the essay is also required.

Entry forms and additional information may be obtained from the Columbus Club, the education office or the Air Force Services public Web site at www.p.afsv.af.mil/clubs/scholarship.htm.

According to Rick Winland, club manager, "Only two scholarship essays may be submitted from Columbus AFB to compete for the Air Force scholarship prizes," said Rick Winland, club manager. "But we had a winner last year and I expect no less this year."

All entries must be submitted to the 14th Services Division chief by July 14. The Air Force winners will be announced in October.

"This is just another way that club membership pays," Mr. Winland said. "You can't afford not to be a member."

For more information about this program, other club programs or membership, call Ext. 2490.

Base people offered many opportunities for fun

Self help car wash: There is a self-help car wash located behind the youth center on Ninth Street. Cost is \$1 for 5 minutes and customers may add a quarter for each additional minute before the time ends for an extended wash. Call Ext. 7842.

Auto hobby shop special: Throughout May, the auto hobby shop will offer an oil change and tire rotation for \$26; or an oil change and tire rotation and balance for \$40. Call Ext. 7842 for an appointment.

Family fun night: The Columbus Club offers this monthly event from 5:30 to 8 p.m. Thursday. Cost is \$6.95 for adult members and \$9.95 for nonmembers. Cost for ages 6to12 is \$3.95 for members and \$5.95 for nonmembers. Ages 5 and younger eat for free.

Freedom Park clean up day: The outdoor recreation office seeks volunteers for Freedom Park clean up day from 7:30 a.m. to 4 p.m. May 10. Lunch will be provided for all volunteers. Contact 1st Lt. Lee-Jake Strunk at Ext. 2802 or via e-mail by May 8 to volunteer.

Home decor classes: The arts and crafts center offers two classes in May. Make a stackable storage cube for \$20 in the class May 11. The cube is 18 inches wide, 18 inches high and 18 inches deep. Register and pay by Thursday for this class.

Make a room divider for \$50 May 17. Cost is \$50 and includes all supplies. The

divider is 72 inches wide, 72 inches high and 3.5 inches deep. Register and pay by May 10 for this class. All classes are offered at 10 a.m. or 6 p.m. Call Ext. 7836.

Chill out at the Daily Grind: The Daily Grind, located in the fitness center, offers Starbucks coffees and beverages as well as soft serve with fresh fruit, granola and various toppings. The Daily Grind is open Monday through Friday from 6 a.m. to 6 p.m. and Saturdays from 9 a.m. to 3 p.m. Call Ext. 2772.

Shrimp feast buffet: The Columbus Club offers a shrimp feast buffet from 5 to 8 p.m. May 11. Cost \$11.95 for members and \$14.95 for nonmembers. Cost for ages 6 to 12 is \$5 for members and \$8 for nonmembers. Ages 5 and younger eat for free. The menu includes peel-and-eat shrimp, shrimp creole with white rice, golden fried shrimp, seafood gumbo, shrimp fettuccini with creamy Alfredo sauce, baked white fish filet with herb bread crumbs, grilled breast of chicken with sauteed peppers, garden green salad with chilled dressings, broccoli with hollandaise sauce, vegetable medley, oven roasted new potatoes, New Orleans dirty rice, oven baked rolls, iced tea, coffee and lemonade along with assorted desserts. Call Ext. 2490 for more information.

Boss and buddy night: The Columbus Club offers an all-ranks boss and buddy night from 4 p.m. to 7 p.m. Thursdays in the Landing Lounge. A free taco bar is

available for club members and nonmembers pay \$3.95. Wings are 25-cents each for club members and 50-cents for nonmembers from 4 to 7 p.m. Beverage specials are also available. Call Ext. 2490.

Mothers Day champagne Sunday brunch: The Columbus Club offers this brunch from 10:30 a.m. to 1:30 p.m. May 14. Seatings are between 10:30 a.m. and 12:30 p.m. People are encouraged to call for reservations to ensure that the club will be prepared to accommodate their party. Cost is \$10.95 for members and \$13.95 for nonmembers. Cost for ages 6 to 12 is \$6 for members and \$8 for nonmembers. Ages 5 and younger eat for free. Call Ext. 2490.

Mothers bowling special: The bowling center is celebrating a week early and offering mothers free bowling and shoe rental May 7 when bowling with their families. Call Ext. 2426.

Quick shot bingo: The club offers this program during lunch at the Columbus Club, during Boss and Buddy Thursday nights in the Landing Lounge and from 5 to 6 p.m. Fridays at the Enlisted Lounge. Cost is \$1 per card and pays from \$3 to \$1,000 for winning combinations. Call Ext. 2490.

The bowling center also offers their own version of quick shot bingo which pays from \$5 to \$500 for a winning combination. Cost is \$1 per card. Play anytime the bowling center is open. Call Ext. 2425.

Crafts classes: The arts and crafts center's upcoming crafts classes for April feature seasonal projects. Adult classes are at 10:30 a.m., 2:30 p.m. and 6:30 p.m. Tuesdays. Upcoming classes include a three-piece jewelry set, a patio stone using a paver, a bird feeder, a mosaic tray and a patriotic "America" yard sign.

The youth classes are offered Wednesdays at 11:30 a.m., 2:30 p.m. and 4:30 p.m. Upcoming classes include a welcome spring sign for the door, a Mother's day gift, a kaleidoscope, a patio stone and sidewalk paint.

A display of all projects is available in the arts and crafts lobby. Participants must register at least four days prior to the class date. Call Ext. 7836 for more information.

Club membership drive: Don't miss out on the weekly club membership drawings for \$20 in club bucks. Drawings are held every Monday. On June 1 there will be two drawings for a \$250 club credit — one for new members enrolling during the membership drive and one for all current members. Call Ext. 2489.

New Friday lunch buffet: The Columbus Club's all-you-can-eat lunch buffet for Friday will feature Southern fried catfish, country fried steak with gravy, golden cut corn, cole slaw, garden green salad, fried hush puppies, seasoned new potatoes and assorted home baked cakes beginning May 5. Cost is \$5.50 per person and includes a beverage. Call Ext. 2490.

Chapel Schedule

Catholic

Sunday:
9:15 a.m. — Mass
10:30 a.m. — CCD (ends May 7)
5 p.m. — Confessions
5:30 p.m. — SUPT Mass

Protestant

Sunday:
9 a.m. — Sunday school (ends May 7)
10:30 a.m. — Contemporary worship service at the Services Complex
10:45 a.m. — Traditional worship service at the chapel
Monday:
7 p.m. — Bible study fellowship
Wednesday:
11:30 a.m. — Lunchtime study
5 p.m. — Pot luck supper
6 p.m. — Video study
A Case for Kids
Pioneer Clubs
Thursday:
9 a.m. — Ladies Bible Study
For more information, call Ext. 2500.

Family Support Center

(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)

Smooth move

A workshop for relocating families is from 2 p.m. to 4 p.m. Tuesday. Participants will learn what to expect from the travel management office, housing, military pay, legal, billeting, TriCare and the family support center.

Resumes

A workshop about different types of resumes and how to write one effectively is from 9 to 10 a.m. Wednesday.

Spouse welcome

A welcome reception for spouses new to Columbus AFB is from 10 a.m. to 11 a.m. every Wednesday at the Magnolia Inn Lobby. Spouses will receive gifts and information about the family support center.

Single Parents Group

A monthly social meeting for single parents is at noon Wednesday at the Columbus Club Happy Lounge. For more information, call Ext. 2631.

Biggest Losers Weigh-in

Total Weight loss for all teams: 938.5 pounds

1. Six Fatties	434.97 pts
2. True Warriors	418.57 pts
3. Munch Bunch	364.67 pts
4. Crumb Counters	364.29 pts
5. Team Red	344.27 pts
6. CE Cinderellas	271.61 pts
7. Lean Machines	239.46 pts
8. The Triple S Threat	206.24 pts
9. 48th FTS Fat Cats	192.76 pts
10. Quarter Pounders	173.04 pts
11. Brickhouses	172.43 pts
12. Heavenly Heavyweights	170.93 pts
13. Krispy Kreme	153.07 pts
14. Shape Shifters	140.12 pts
15. Worker Bees	131.14 pts
16. YC-6	111.62 pts
17. Skinny Dreams	109.47 pts
18. Teximara Extreme Losers	103.24 pts
19. Six Pack	87.60 pts
20. Chunky Monkeys	86.79 pts
21. Queen Bees + 1	80.47 pts
22. D.E. Fat McFatness	78.88 pts
23. Ladies Team	49.61 pts
24. The Weight Watchers	47.39 pts
25. The Skinny Six	42.83 pts
26. Deca Divas +1	39.39 pts
27. Unnamed Sources	32.40 pts
28. The Shockers	26.88 pts

Little Women: This Broadway musical will be held at the Birmingham Jefferson Convention Complex in Birmingham, Ala., now through Sunday. For more information, call (205) 458-8401.

21st Annual Race Fever and Auction Barbecue: This live and silent auction is from 5 to 9:30 p.m. today in Talladega, Ala. The event features rare items donated by racing stars. Popular Nextel and Busch drivers will be in attendance to sign autographs. Proceeds will benefit the children of the Alabama School for the Deaf and Blind and the Helen Keller School of Alabama. For more information, call (256) 761-3571 or (256) 761-3317.

Imagination Festival: This free event features more

than 30 interactive and educational workshops for children in art, music, theatre and dance from 10 a.m. to 6 p.m. today in Birmingham, Ala. For more information, call (205) 595-6306 or visit www.MagicCityArt.com.

Natchez Trace Festival: This annual festival of family entertainment is Saturday at Downtown Courthouse Square in Kosciusko, Miss. Family entertainment includes arts and crafts, food, a kids fest, a Gasoline Alley auto display and competitive running events. For more information, call (662) 289-2981.

13th Annual Leeds Creek Bank Festival: This free event is from 10 a.m. to 4 p.m. Saturday at Leeds Memorial Park off of Highway 119 in Leeds, Ala. The festival features entertainment, food, and rides for children.

BARGAIN LINE

Grant's Farm: Grant's Farm in St. Louis, Mo., offers free parking and special discounts on merchandise and food to all active-duty military personnel and their families now through May 7. Visitors can enjoy live performances, animal exhibits and visit the Anheuser-Busch Clydesdale stables among other activities. For more information, visit www.grantsfarm.com or call (314) 843-1700.

Spring recital: All are invited to Ballet Columbus' spring recital "To the Ends of the Earth" at 6:30 p.m. May 13 at Rent Auditorium on the Mississippi University for Women campus. Admission is free. For more information, call Jennifer Colquitt at 328-2141.

For more event listings from the surrounding area, call the family support center at Ext. 2790.

Sports Shorts

America's Kids run

America's Kids run begin at 8 a.m. May 20. Five and six year olds run one-half mile, seven and eight year olds run one mile and nine to eighteen year olds run two miles. All participants must register by May 19 at the youth center and will receive a t-shirt. Visit www.americaskidsrun.org or call Ext. 2504.

Baseball registration

The youth center holding sign-ups for baseball and t-ball now through May 20. Cost is \$25 for youth center members and \$30 for nonmembers. Ages 3 and 4 will participate in a clinic, 5 to 7 year olds will play t-ball, 8 to 10 year olds will play coaches' pitch and 11 to 13 year olds will play kids' pitch. The baseball season will begin May 30 and end June 30. Coaches are still needed. Call Ext. 2504.

Softball umpires needed

Softball umpires are needed to register with the Amateur Softball Association for a fee of \$35 to officiate the base intramural league May through July. Scorekeepers are also needed. For more information, call Frank Solorio at 364-0414.

10th AF Marathon Worldwide event set for Sept. 16

The tenth official U.S. Air Force Marathon will be held at Wright-Patterson AFB, Ohio, Sept. 16, along with a Sports and Fitness Expo on Sept. 14 and Sept. 15.

Runners from all over the world are expected to participate, including two A-10 pilots – in honor of the A-10 aircraft which is this year's tribute craft.

This year's festivities include a two-day Sports & Fitness Expo located in the Ervin J. Nutter Center at Wright State University, a gourmet pasta dinner, race day, an awards ceremony and a post-race festival beginning immediately after the first runner crosses the finish line.

World renowned long distance runners Bill Rodgers and Alberto Salazar will sign autographs, conduct clinics, speak at the gourmet pasta dinner and participate in the races Sept. 16.



“Wright-Patterson AFB is very excited to be hosting the 10th year of the official USAF Marathon,” said Molly Louden, marathon director. “We are reaching out on a global level to all 50 states and abroad with a goal of 10,000 total runners in all events. We are already on target with runners signing up early for extra savings online at www.usafmarathon.com.

“With the level of enthusiasm from the entire base and the participants, the tenth Air Force Marathon will be the best event to date,” Ms. Louden said.

The Air Force Marathon Web site has training tips for all level of runners. BearingPoint, a business and systems integration firm, has joined the Air Force Marathon for the sixth year as the presenting sponsor. *(Courtesy of 88th Air Base Wing Public Affairs Office)*

NCO mentors teenagers through martial arts

Staff Sgt. Don Branum
50th Space Wing

COLORADO SPRINGS, Colo. — Once a gang member himself, an information manager with Detachment 2 of the 17th Test Squadron now uses kicks and punches to keep teenagers out of trouble.

To his co-workers at Cheyenne Mountain Air Force Station, Colo., he is Staff Sgt. Dave Armstrong. To his students at the Hillside Community Center in Colorado Springs, he is Sensei Dave.

At a martial-arts mentoring session April 11, Sergeant Armstrong led a class of nine students between 15 and 19 years old through the basics of Okinawan Kempo Karate and Judo.

“Where are your hands?” he asked one student. “Stay there, stay there, stay there.” As he adjusted a student's hand positions, he said, “They're still pointed at your opponent.”

As a teen, Sergeant Armstrong grew up around gangs in Los Angeles. His misadventures landed him in a boys' camp when he was 12. The camp first exposed him to martial arts.

“They had different cottages — you had to work up to the honors cottage, which had the martial-arts program,” Sergeant

Armstrong said. “I wanted to do it, so I worked my way up to the honors cottage and got started.”

The honors cottage instructor, Otto Johnson, told Sergeant Armstrong he had a knack for martial arts. Sergeant Armstrong so enjoyed learning martial arts that he gave up his former gang activity.

“It got me off the streets,” he said. “I spent a lot of time training; it became an everyday thing.”

When he turned 18, he began teaching martial arts for Sensei Otto. He now holds a third-degree black belt in Wado-Ryu Karate and second-degree black belts in Judo and Okinawan Kempo. He also has trained in Aikido and mixed martial-arts fighting.

He includes his family in his martial arts activities as well. His wife, Belinda, helps him with a youth karate program offered through local childcare centers. His 12-year-old son, David, holds a blue belt in Okinawan Kempo; his daughter, 10-year-old Susan, holds an orange belt.

But just teaching martial arts was not enough. So, Sergeant Armstrong began his mentoring program for at-risk youth about three months ago to give something back to teens who are in the same position he was in as a teen.

“I've always wanted to have a program like I have now for kids who are locked up or in group homes or foster homes,” he said. “God's given me so much just for me to be alive, I can't do anything with my time other than give back.

“I'm committed to these guys, to show them how their lives can be and will be. That's what I set out to do,” he said.

Eight to 10 teens participate in the program each week.

“It started off with four to five interested,” Sergeant Armstrong said. “It's a challenge to get people interested because they're teenagers; they have their own agenda. But these (students) are a great bunch of guys.”

The program took off once other teens had a chance to see how much fun the students were having.

“I'm getting a new student every week or so,” he said.

Because the mentoring takes place in an informal environment, the teens often do not realize they're learning life lessons.

“They don't know they're being mentored,” he said. “What I'm doing is effective — I know it is because it helped me. You're around positive influences, and you don't realize you're improving until it's done.”

Justus, 18, found out about the martial-arts mentoring through a local faith-based organization that provides mentoring, employment and fellowship for at-risk teens.

“(The class) teaches you self-defense, and it's fun,” Justus said. “You get your energy out; it's a good workout. And Sensei Dave helps you out if you don't understand something.”

Sensei Dave is also a good role-model. Justus said. “He's a big teddy bear. He's 'ginormous' on the outside, and on the inside, he's a really nice guy.”

Sergeant Armstrong said he wants to expand his youth martial-arts mentoring program after he retires. He also is looking for others to volunteer their time as mentors.

“Right now I'm trying to find an instructor to come and train with me and eventually take over the program when I move,” Sergeant Armstrong said. “This is something I want to keep going forever.”

Although he has no plans to leave Colorado Springs in the near future, moving is part of living in the military.

“Anyplace I go, I'll start the same program up there,” he said. “One of my goals is to have a network of programs like this for at-risk youth to help them, because it got me off the streets.”